

ABSTRACT OF THE DISCLOSURE

A microscope stage includes a contrasting stage insert for providing contrast between a microscope stage and a specimen. The microscope stage insert has a color that is different from the color of the specimen. In a preferred embodiment, an upper stage includes a first color and a recess operatively arranged for receiving a removable complementary shaped contrasting stage insert therein. The contrasting stage insert has a second color that is different from the color of the upper stage, and more preferably, the specimen. The contrasting stage insert is configured for removable complementarily receipt in the recess.